



Be
CLIMATE
Ready

Heat EXHAUSTION

- Cool, Pale, Clammy Skin
- Excessive Sweating
- Faint or Dizzy
- Nausea or Vomiting
- Rapid, Weak Pulse
- Muscle Cramps

Drink Water if possible
Take a cool shower
or use a cold compress
Get to a cool air conditioned place

Heat STROKE

- No Sweating
- Throbbing Headache
- Body Temperature Above 103°
- Nausea or Vomiting
- Rapid, Strong Pulse
- May Lose Consciousness

CALL 9-1-1
Take immediate action
until help arrives
& keep the person cool



For more information call 3-1-1
or visit www.elpasotexas.gov/publichealth/beclimateready